

This listing of claims will replace all prior versions, and listing of claims in the application:

Listing of claims:

Claim 1 (currently amended) A food product comprising in percent by weight of dry matter, 0.5 to about—5% of a viscous soluble fibre, 2 to about—20% oat bran concentrate, and 7 to about—35% cereal bran.

Claim 2 (currently amended) The food product according to claim 1, wherein the viscous soluble fibre is selected from the group consisting of ~~comprising~~ guar gum, xanthan, konjac mannan, and ~~or~~ mixtures thereof.

Claim 3 (currently amended) The food product according to claim 1 ~~or 2~~, wherein the cereal bran is selected from the group consisting of ~~comprising~~ wheat-, barley-, oat bran and mixtures thereof.

Claim 4 (currently amended) The food product according to ~~any of claims claim 1 to 3~~, further comprising ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to about 85% by weight of dry matter.

Claim 5 (currently amended) The food product according to ~~any of claims claim 1 to 4~~, which is in a form selected from the group consisting of a bar, a snack and ~~or~~ a biscuit.

Claim 6 (currently amended) The food product according to ~~any of claims claim 1 to 5~~, which is designed in particular suitable for endurance sports and/or for food intake control.

Claim 7 (currently amended) The product according to ~~any of claims claim 1 to 6~~, which is designed in particular suitable for diabetic patients.

Claim 8 (currently amended) A method for ~~The use of viscous soluble fibre to synergistically increase~~ increasing the viscosity of a food product, which also comprises oat bran comprising the step of adding a viscous soluble fibre to the oat bran and/or oat bran concentrate.

Claim 9 (currently amended) A method for increasing ~~The use of cereal bran, to increase~~ the viscosity of a food product, which also comprises a viscous soluble fiber, comprising the step of adding a bran cereal to the soluble fiber and/or oat bran concentrate.

Claim 10 (currently amended) A method for preparing a food product comprising the steps of using ~~The use of~~ 1 to about —4%, in percent by weight of dry matter, of a viscous soluble fibre, 4 to about —16% oat bran concentrate, and 10 to about —30% oat bran in the preparation of a food product for providing energy for prolonged time, for slowing down glucose appearance in blood, increasing viscosity of the food product, controlling food intake and/or providing prolonged satiety.

Claim 11 (new) The method of claim 8, wherein the oat bran is an oat bran concentrate.

Claim 12 (new) The method of claim 9 comprising the step of adding the cereal bran to the viscous soluble fiber and an oat bran concentrate.

Claim 13 (new) A method for reducing the appearance of glucose in the blood in response to a food product comprising the step of using in the food product 1 to about 4%, in percent by weight of dry matter, of a viscous soluble fibre, 4 to about 16% oat bran concentrate, and 10 to about 30% oat bran in the preparation of the food product.

Claim 14 (new) The method according to claim 13, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 15 (new) The method according to claim 13, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 16 (new) The method according to claim 13, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 17 (new) The method according to claim 13, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 18 (new) A method for reducing food intake in an individual comprising the steps of feeding the individual a food product comprising in percent by weight of dry matter, 0.5 to about 5% of a viscous soluble fibre, 2 to about 20% oat bran concentrate, and 7 to about 35% cereal bran.

Claim 19 (new) The method according to claim 18, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 20 (new) The method according to claim 18, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 21 (new) The method according to claim 18, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 22 (new) The method according to claim 18, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 23 (new) A method for providing nutrition to a diabetic patient comprising the steps of feeding the diabetic patient a food product comprising in percent by weight of dry matter, 0.5 to about 5% of a viscous soluble fibre, 2 to about 20% oat bran concentrate, and 7 to about 35% cereal bran.

Claim 24 (new) The method according to claim 23, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 25 (new) The method according to claim 23, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 26 (new) The method according to claim 23, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 27 (new) The method according to claim 23, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 28 (new) The method according to claim 1, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.